

# Cranberry Pumpkin Muffins

**Makes:** 12 servings

Enjoy these delicious muffins for breakfast anytime of the year using canned pumpkin and frozen cranberries.

## Ingredients

**2 cups** flour  
**3/4 cup** sugar  
**3 teaspoons** baking powder  
**1/2 teaspoon** salt  
**1/2 teaspoon** cinnamon  
**3/4 teaspoon** allspice  
**1/3 cup** vegetable oil  
**2** egg, large (large)  
**3/4 cup** pumpkin (canned)  
**2 cups** cranberries (fresh or frozen chopped)

## Directions

1. Preheat oven to 400 degrees.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 15 to 30 minutes.



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>200</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	1 g
Cholesterol	30 mg
<b>Sodium</b>	<b>230 mg</b>
<b>Total Carbohydrate</b>	<b>32 g</b>
Dietary Fiber	2 g
Total Sugars	14 g
Added Sugars included	N/A
<b>Protein</b>	<b>3 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

## Notes

Serve with a glass of low-fat milk for a healthy snack.

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